



HEEL & TOE Online

Vol. 2024
Issue No. 35
Tuesday
3 September 2024

The official organ of the Victorian Race Walking Club, Inc.

Editor: *Stu Cooper* stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

** WALKER OF THE WEEK **

Four entrants, four finishers. Four PBs, two top-5 places and an area U20 record, against the best competition the world had to offer. These returns from the two 10,000m Walks at the WA World U20 championships in Lima (PER) easily qualify **Isaac Beacroft (NSW)**, **Alexandra Griffin (WA)**, **Marcus Wakim (VIC)** and **Chelsea Roberts (NSW)** as this week's WsOTW.



(Photos: Athletics Australia, Athletics West, ANSW)

- **Isaac** was, unsurprisingly, the focal point for race walking fans and for his opposition. Nestled within the first four for the entire race, coolly covering his rivals' moves as they occurred, he was still in medal contention until 500m out when the three eventual placegetters powered away. Isaac's 4th place in **39:36.39** – a mere 5sec from the podium – came with new Oceania and Australian U20 records, plus a 20sec PB. A wonderful effort that wiped away any suspicions about his Antalya win being a fluke.
- Frustratingly, with the television cameras trained on the lead pack for most of the race, we saw little of **Alexandra** after the first 5 laps (they even cut away as she was finishing), so we had to wait for the WA results to be posted to discover that she's finished 5th in **45:16.26**, a PB by a huge 40secs. While the winner, Baima (CHN), did just catch her in the finishing straight before Ali had reached the bell, the fact that the two other medallists and the 4th placer

were the only ones Baima *didn't* lap puts the West Australian's performance into perspective, as she did a good deal of lapping on her own account.

- With each outing against the international elite, **Marcus** is working his way up the placings. His 13th in Lima, in a 12sec PB time of **41:03.05**, gives him two top-15 finishes for the year, following his 15th in Antalya. Marcus's steady improvement indicates that he is playing a long game, with his sights set on making his mark in the senior ranks. He has the dedication, smarts and work ethic to do it ... all he needs is for luck to play its part.
- Having coped with Suva's debilitating humidity in June, **Chelsea** found herself plunged into a different kind of heat in Lima, and she should be pleased with her top-20 finish after holding her own well for an excellent 52sec PB time of **47:16.20**. Experience was always going to be the most valuable takeaway for Chelsea in this competition, and she ended up beating a sizeable number who had more of it than she did. May this outcome leave her hungry for more!

Congratulations to Isaac, Ali, Marcus and Chelsea. As we knew you would, you did your nation proud!

(*For full results, see report in 'International News')

***Honourable mentions**

- **Melissa Lewis (WA), Lynne Schickert (WA) and Heather Carr (VIC)** – all claimed silver medals in the WMA Championships 5000m Walk in Goteborg, Sweden.

CORRECTION

Last week, I stated that Tim Fraser's RWA 20km time of 1:22:26 would have had him walking for most countries at the Paris Olympics. While an exciting thought and accurate as regards Tokyo 2021 and earlier Games, the qualifying times for Paris had been tightened considerably and Tim's RWA time would no longer have sufficed. Thanks to Brent Vallance for clearing that up. (Note, however, that if there were podium places for enthusiastic drinks table officiating, Tim would now be wearing his own chunk of the Eiffel Tower!)



CLUB NEWS and RESULTS



Club results, 31 August – Middle Park

Melbourne's weather forecasts have a habit of messing with one's head. We were almost guaranteed to be hit with the kitchen sink on Saturday, yet we were greeted with fine, breezy conditions that only turned really windy as the 8km walkers were into their last couple of laps (just when they needed it, naturally.) The majority of stalwarts who defied the BOM's predictions got through unscathed and with another race under their belts.

With the Points competitions finished and the high energy of the RWA carnival behind us, numbers were predictably light. **Emilie Garside** and **Caitlyn Shipham** were in good touch, each recording big PBs, while **Alejandro Stephens** and **John Nottle** finished only a few seconds adrift of their best times. Others used their races as good training workouts.

STRAIGHTEN THOSE LEGS!

Some walkers need reminding that the moment you cross that start line, you are in the field of competition and, therefore, expected to abide by the straight leg and contact rules until you're well past the finish line.

We may not judge with cameras, but that doesn't mean cameras can't pick up some dastardly starting line crimes. True, we all want to get a good position in the field at the gun, but it must be done legally. If a camera has seen a start line rule breach, so might a judge ... and who wants to walk an entire race with a red card beside their number?

Remember: start and finish **on the ground** and with **straight legs on contact!**

8km

1 Alejandro Stephens	M	40:31
2 Jonathan Ho	M	47:12

1 Emilie Garside	F	53:56 PB 0:56
.. Arnika Nelson	F	DNF

4km

1 Mya McClure	F	20:49
2 Emily Smith	F	23:04
3 Addison Frenken	F	24:16
4 Donna-Marie Elms	F	27:52
5 Gwen Steed	F	31:07

6km

1 Char Hay	F	31:22
------------	---	-------

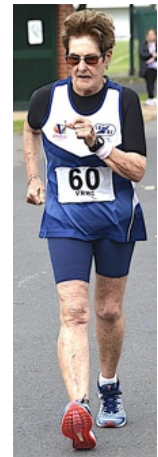
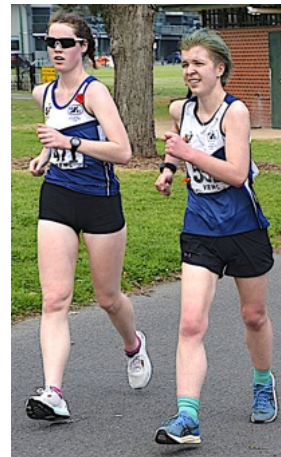
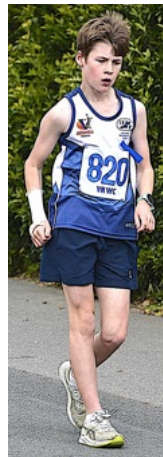
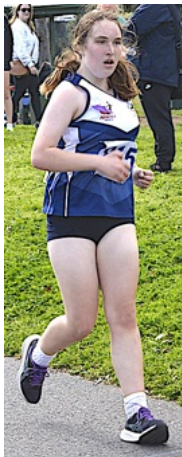
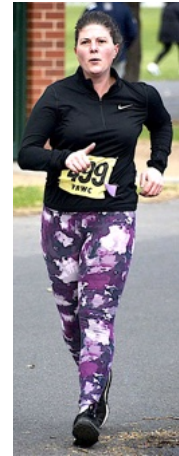
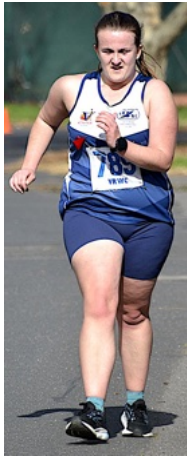
2km

1 Max Davidson	M	9:28
2 Arthur Robinson	M	14:22

1 Payton Welsh	F	12:27
2 Georgia Walters	F	12:34
3 Amelia Vernal	F	12:48
4 Caitlyn Shipham	F	12:56 PB 0:26
5 Anna Wallace	F	13:41

1 Angus Shuttleworth M 22:02
 2 Brodie Welsh M 25:24
 3 John Nottle M 26:49

1km
 1 Aria Di Benedetto F 7:04



***This week's action models:**

Donna-Marie, Anna, Brodie, Alejandro, Emilie, Gwen, John, Max, Caitlyn, Georgia, Char, Payton and Arnika

As always, none of this would happen were it not for the input from our officials, helpers and supporters. (Note: If you assist in any way during the season, please sign the Officials check-in at the Club so that we can recognize your contribution.)

We thank the following for their efforts in providing a rewarding competitive and social experience for our athletes. If you're not on the list, be assured that we appreciated your contribution:

Manager	Mark Donahoo
Referee:	Mark Donahoo
Recorders	Madeleine Feain, Carolyn Rosenbrock, Kevin Cassidy
Timekeeper	Mark Donahoo, Dylan Shuttleworth
Judges:	David Cash (C), Stu Cooper, Anthony Doran, Michael Bodey
Set up, Pack up:	Stu Cooper, Scott Nelson, Terry Swan, Anthony Doran, David Cash
Canteen	Donna Marie Elms, Gwen Steed
Bike rider	Terry Swan
Photos	Terry Swan
Walkers:	21

***Next weekend ...**

Next Saturday sees us 'playing away from home', at Dolomore Reserve, Mentone. As well as the VRWC time events (1 Hour and 2 Hour) and VMA Masters 5000m championships, we will hold the **AV Teams 5000m race**.

As there was no entry portal for the Teams race on the AV website, we will take entries through our own VRWC portal. See details re links and deadline in the info block below (Note the later entry deadline to accommodate Team entries.)

Saturday 7 September – Mentone track

2.00pm	2 hour	Open
2.00pm	1 hour	Open
2.00pm	10,000m	Open
2.15pm	AV 5000m Teams race	Men/Women
2.15pm	5000m VMA c'ship	Men/Women
2.15pm	5000m	Open
2.15pm	3000m	Open
2.45pm	2000m	Open
3.00pm	1500m	Open

**Teams race entry: use the VRWC portal (not AV) at <https://www.revolutionise.com.au/vrwc/events/256639>. Entries for AV Teams, VRWC and VMA events will be accepted up until 7pm on Friday 6 September. Enter online at <https://www.revolutionise.com.au/vrwc/events>*

And the following week ...

Our final winter meeting for 2024 features the **Team relay** and scratch races, followed by our Winter Presentations and the chance to unwind with a BBQ sausage. If you missed entry for the Relay, come and have a hit-out over 4km or 1km, then enjoy what we hope will be an exciting Relay finish.

Sunday 15 September – Middle Park Relay Race & Open races

2.00pm	Relay event (teams of 5 walkers)	Open
2.30pm	4km	Open
2.30pm	1km	Open
3.30pm	Winter presentations & BBQ	Open

Relay entries closed. Entries for VRWC Open events will be accepted up until 6pm on Friday 13 September. Enter online at <https://www.revolutionise.com.au/vrwc/>



Australian Masters Athletics

Promoting active healthy athletics competition through our network of state and territory associations

Thanks to George White for sending these results:

**AMA Masters 20 Kilometres road walk c'ships, Sunday 25 August – Adelaide

60-64 Men	Peter Crump	SA	2:19:46	1
65-69 Men	Terry O'Neill	VIC	2:14:54	1
70-74 Men	Colin Heywood	VIC	2:09:20	1
	Gil McIntosh	SA	DQ	
75-79 Men	George White	SA	2:23:47	1
40-44 Women	Melissa Grantham	SA	2:12:54	1

60-64 Women	Carolyn Rosenbrock	VIC	2:06:52	
	Marie Maxted	SA	2:25:41	2
65-69 Women	Karyn O'Neill	Vic	2:30:59	1
75-79 Women	Susan Archer	ACT	2:30:47	1

SOUTH AUSTRALIA SARWC results, 31 August – South Parklands

Kim Mottrom reports:

“Wet and windy today in Adelaide but still a decent turnout. Some big PB's again for **Rain Langford, Jasmine Crabb** and **Sebastian Richards**. We have one more week of our winter season, then a few weeks off.”

Open 5km			Open 2km		
Kim Mottrom	22:20		Liz Downs	15:54	
Rain Langford	24:41	PB 0:54	Open 1.5km		
Cooper Rech	26:11		Liliana Templer	9:21	
Greg Metha	30:45		Robert Crabb	11:44	
Peter Crump	32:38		Arizona Small	13:05	
Jasmine Crabb	32:48	PB 0:31	Open 1km		
Matilda Rech	35:39		Rachel Pemberton	7:36	PB 0:20
Di Camilleri	39:36		Martin Crabb.	10:36	
Kristy Templer	40:50				
Alex McEwan	41:50				
Bill Starr	44:08				
Open 3km					
Sebastian Richards	13:35	PB 0:23			
Angelina Legrand	15:00				

WESTERN AUSTRALIA WARWC Club championships, 1 September – Perry Lakes

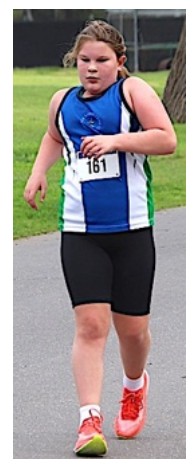
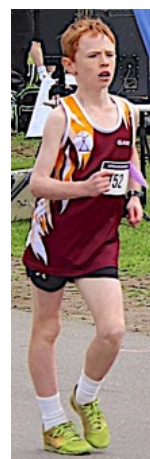
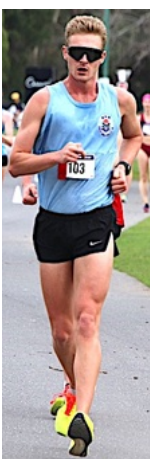
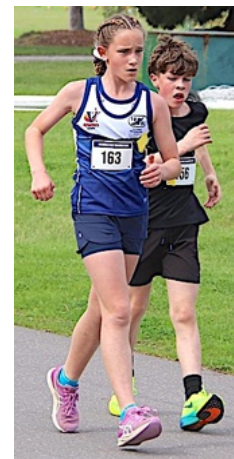
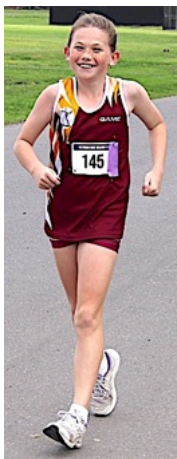
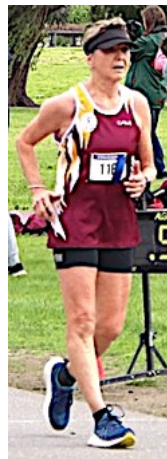
Terry Jones sends his final report for the WARWC winter season. The weather was cloudy, mild, dry, with a light breeze. The Westies also celebrated the club's 60th anniversary, with a monster raffle, tea/coffee/cakes and egg & bacon rolls for everyone. (Makes my mouth water ... just as well it's nearly dinner time here or I might be firing up the toaster!)

10K Open F		10K Open M	
Wendy Farrow.	1:11:25	Brad Mann	56.10
		Andrew Duncan	56.21
10K U20 F		10K U20 M	
Kaytee Bogaers	59.39	John Ronan	44.43
5K Masters F		5K Masters M	
Melissa Lewis	34.37	Steve Travell	47.30
Fiona van Heerwaarden	38.32		
Glenys Duncan	49.02		
5K U16 F		3K U14 F	
Katica Borsic	30.35	Darcy Bramwell-Keys	17.57
Trinity Doulis	32.37	Savannah Carnaby	18.40
		Addison Roots	18.49
3K U14 M		2K U12 F	
Nathaniel Khaira	21.00	Rahni Fowler	12.39
2K U12 M		1.5K U10 F	
Hudson Conwell	12.00	Zoe Fowler	12.24
William Duffield	15.33		
1.5K U10 M			
Dante van Heerwaarden	12.05		

Medals were presented by Olympian **Declan Tingay**.

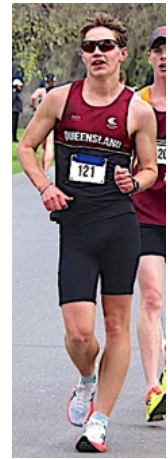
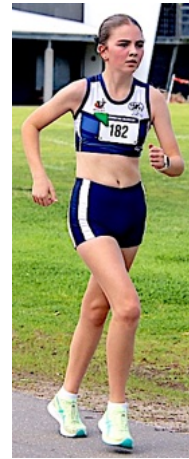
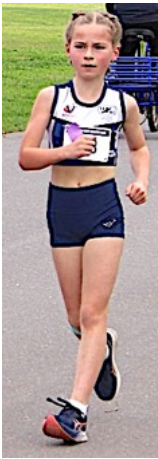
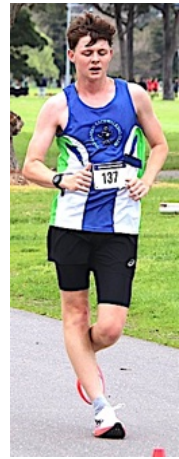
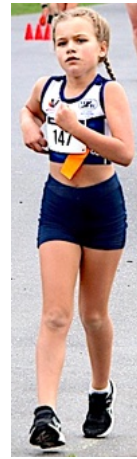
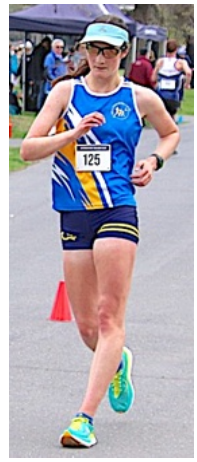
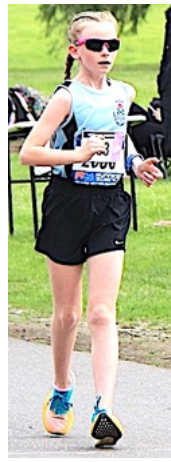
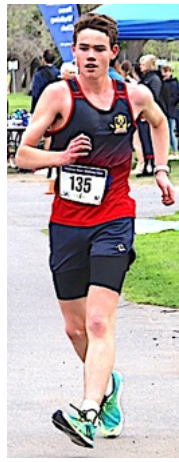
**** RWA 2nd FEDERATION CARNIVAL, 25 AUGUST 2024 – PHOTO GALLERY****

Photography – Therese Smith

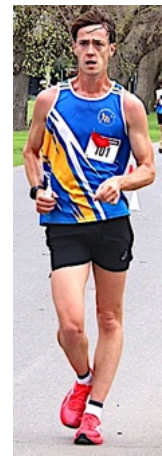
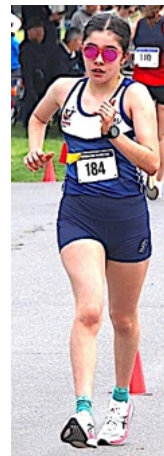
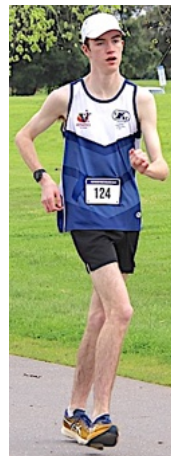
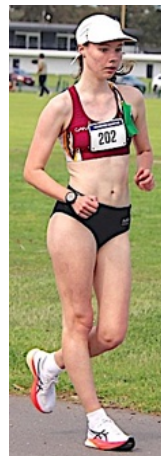
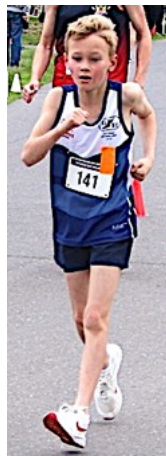
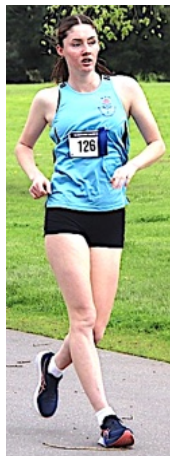
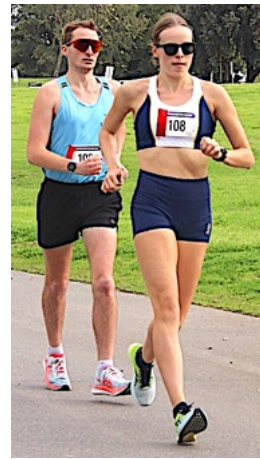
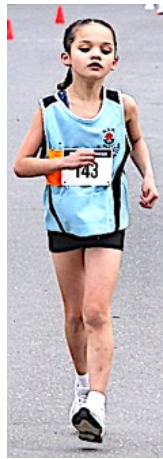
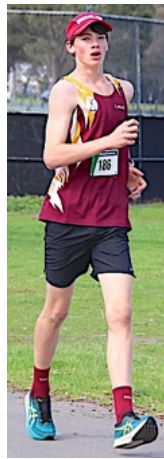
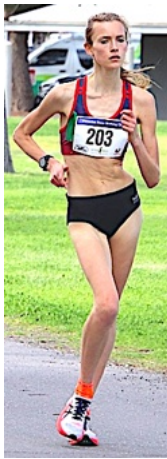


***Action models**

*Corey, Leo, Addison F, Izzy, Havana, Elsie, Anouk,
Kodi, Dylan, Harrison, Natalie, Penny*
Starts: U12 2km, Open 20km



***Action models**
 Addison J, David, Sam McC, Olivia, Fraser,
 Pippa, Kirstin, Aria, Cooper, Hana, Indigo,
 Emily, Kim, Mya, Summer, Sam L, Ariana,
 Nellie, Phoebe, Adele, Hannah, Sophie,
 Emma, Eliza



***Action models**
Fletcher, Angelina, Jessica, Ela, Jack, Lyla, Milly, Eden, Tim, Allanah, Nasrin, Noah

*Next issue: *RWA 2nd Federation Presentation Gallery*

 **INTERNATIONAL NEWS**

PERU: Word Athletics U20 Championships, 30 August - Lima

Cherni and Baima claim world U20 race walk crowns in Lima

by Jess Whittington (reprinted from World Athletics News – 31 August)

Rayen Cherni set a championship record in the men’s 10,000m race walk to win the first ever gold medal for Tunisia at the *World Athletics U20 Championships*, while China’s **Baima Zhuoma** dominated the women’s race during the final morning session of action in Lima on Friday (30).

In a hard-fought men’s race, the top 17 all set area or national U20 records, or achieved PBs, with Cherni winning in an African U20 record of **39:24.85**, Mexico’s **Emiliano Barba** securing silver in a North and Central American U20 record of **39:27.10** and Italy’s **Giuseppe Disabato** gaining bronze in a national U20 record of **39:31.25**. Australia’s **Isaac Beacroft**, who won the U20 title on the roads at the World Race Walking Team Championships in Antalya in April, finished fourth on the track in Lima, setting an Oceanian U20 record of **39:36.39**, while Japan’s **Sohtaroh Osaka** finished fifth in a PB of **39:39.36**.

"I feel like I am in a state of endless joy," said the winner.

It was Germany's **Frederick Weigel** who had taken the early lead, but Osaka, Beacroft and Kenya's **Stephen Ndangiri Kihu** took control by the halfway point, passed in **20:05.03**.

As the pace gradually picked up, the lead pack whittled down, and Barba, Disabato and Cherni made their break. Six athletes remained in contention with four laps to go and eventually 17-year-old Cherni left his rivals behind to win by more than two seconds.

1.	Rayen CHERNI	01 NOV 2006	TUN	39:24.85	AJR
2.	Emiliano BARBA	23 MAR 2007	MEX	39:27.10	AJR
3.	Giuseppe DISABATO	01 NOV 2006	ITA	39:31.25	
4.	Isaac BEACROFT	18 JUL 2007	AUS	39:36.39	AJR
5.	Sohtaroh OSAKA	31 JAN 2006	JPN	39:39.36	
6.	Zhaohe SONG	21 MAR 2006	CHN	39:41.01	
7.	Jiaqi WANG	17 FEB 2005	CHN	40:14.62	
8.	Taisei YOSHIKAWA	15 JAN 2005	JPN	40:14.67	
9.	Stephen Ndangiri KIHU	14 DEC 2005	KEN	40:37.54	
10.	Quentin CHENUET	29 MAY 2005	FRA	40:39.14	
11.	Frederick WEIGEL	08 MAY 2005	GER	40:52.97	
12.	Jesus Leonardo RAMIREZ	15 MAY 2005	COL	40:55.25	
13.	Marcus WAKIM	03 MAY 2006	AUS	41:03.05	
14.	Uziel Enrique COL CAAL	12 JUN 2005	GUA	41:35.02	
15.	Alessio COPPOLA	25 JAN 2007	ITA	41:36.11	
16.	Daniel MONFORT	25 JAN 2006	ESP	41:46.30	
17.	Yasser REDAOUIA	29 AUG 2005	ALG	41:52.71	
18.	Nick Joel RICHARDT	04 DEC 2006	GER	41:58.01	
19.	Bastien PICART	14 NOV 2006	FRA	42:00.90	
20.	HIMANSHU	05 DEC 2006	IND	42:01.30	
21.	Roman HORBACHOV	17 APR 2006	UKR	42:27.80	
22.	Eduard MURAVSKYI	28 JUL 2006	UKR	42:34.99	
23.	Yu-Hsien CHEN	23 JUN 2007	TPE	42:37.45	
24.	SACHIN	22 DEC 2006	IND	42:37.68	
25.	Oscar BOCANEGRA	19 MAR 2006	MEX	42:38.01	
26.	Filip KRESTIANKO	13 DEC 2005	SVK	42:42.15	
27.	Julian Andres ALFONSO	11 JUL 2005	COL	43:02.39	
28.	Jhoshua MONTEROSO ORTÍZ	10 SEP 2005	GUA	43:34.61	
29.	Beom-su SEO	08 OCT 2007	KOR	43:37.02	
30.	Jakub BÁTOVSKÝ	18 JUN 2005	SVK	43:38.22	
31.	Jonah CROPP	08 JUN 2005	NZL	43:58.44	
32.	Wassim OUNALLI	09 JUL 2006	TUN	44:12.72	
33.	Alex Mateo SANCHEZ GUAMAN	29 OCT 2005	ECU	44:15.29	
34.	Ivan Dario OÑA COLCHA	25 FEB 2006	ECU	44:23.77	
35.	Eduardo CAMARATE	17 NOV 2006	POR	44:34.70	
36.	Ayoub GHAZRANI	08 SEP 2007	MAR	44:45.24	
37.	Daniel MORILLA	14 SEP 2005	ESP	45:10.98	
38.	José Duvan CCOSCCO SUELDO	31 JAN 2007	PER	47:52.81	
	Anes CHAOUATI	13 JUL 2005	ALG	DQ	



(Photos: Oscar Munoz Badilla – WA)

In the women's race, **Baïma** looked calm and in control throughout. The field quickly spaced out and the 19-year-old, who claimed Asian U20 silver in April, was well clear as she passed the 5000m mark in 21:47.33.

She was followed by India's **Aarti** and her Chinese teammate **Chen Meiling**, last year's Asian U20 champion, with Romania's 17-year-old **Alessia Cristina Pop**, the European U18 silver medallist, looking determined behind them. While Baima was never under threat, Aarti seemed to be moving away from Chen, but with two red cards Aarti had to be cautious and Chen made her move, passing her rival with three and a half laps to go.

Baima maintained her lead to victory in a world U20 lead and big PB of **43:26.60**, as Chen held on for silver to complete a 1-2 for China in a PB of **44:30.67**. Aarti claimed bronze in an Indian U20 record of **44:39.39**, while Pop also set a national U20 record of **44:54.32** in fourth. Similar to the men's race, the top 16 all set national records or PBs.

"I was nervous at first," said Baima, "but my coach told me: 'It's okay. If you fail, you fail, just keep going.'"

1.	Zhuoma BAIMA	20 MAY 2005	CHN	43:26.60
2.	Meiling CHEN	18 MAY 2005	CHN	44:30.67
3.	AARTI	06 SEP 2006	IND	44:39.39
4.	Alessia Cristina POP	30 JAN 2007	ROU	44:54.32
5.	Alexandra GRIFFIN	10 JUN 2005	AUS	45:16.26
6.	Renata CORTES	12 MAR 2005	MEX	45:24.47
7.	Michelle CANTÒ	14 JUL 2005	ITA	45:38.85
8.	Chloe LE ROCH	14 NOV 2007	FRA	45:52.59
9.	Giulia GABRIELE	11 NOV 2005	ITA	45:54.71
10.	Griselda SERRET	09 JUL 2005	ESP	45:54.98
11.	Kylie GARREIS	20 JUL 2005	GER	46:33.65
12.	Imen SAIL	21 JUN 2007	TUN	46:34.44
13.	Mina STANKOVIĆ	23 JAN 2006	SRB	46:38.04
14.	Suzuka KUGE	18 JUL 2005	JPN	46:38.20
15.	Rubi Dayana SEGURA GARCIA	27 FEB 2006	COL	46:48.76
16.	Suzu OKUNO	28 FEB 2007	JPN	46:51.77
17.	Mona ALI HUSSEIN MOHAMED	28 MAY 2006	EGY	47:05.00
18.	Alexandra KOVÁCS	27 JAN 2006	HUN	47:11.41
19.	Chelsea ROBERTS	25 OCT 2006	AUS	47:16.20
20.	Tabea KIEFER	22 APR 2005	GER	47:25.70
21.	Valeria FLORES	17 FEB 2006	MEX	47:41.65
22.	Ema KLIMENTOVÁ	06 JAN 2005	CZE	47:48.07
23.	Hiwot AMBAW	06 JUN 2008	ETH	48:01.86
24.	Léna AUVRAY	02 JAN 2006	FRA	48:48.10
25.	Maysaa BOUGHDIR	17 JAN 2005	TUN	49:12.39
26.	Lisbeth Carolina LÓPEZ JAYES	17 DEC 2005	GUA	49:29.93
27.	Justè PERVENECKAITĖ	01 SEP 2006	LTU	49:46.29
28.	Tamara INDRIŠKOVÁ	25 MAY 2006	SVK	49:57.77
29.	Yadira ORIHUELA POMA	05 FEB 2005	PER	50:08.20
30.	Angelica HARRIS	01 AUG 2005	USA	50:16.24
31.	Tülin EK	15 JUN 2005	TUR	50:18.66
32.	Katherine Dayanna BARRETO	23 MAR 2007	ECU	51:48.01
33.	Aliisa KIISKI	11 MAR 2005	FIN	52:45.86
	Aldara MEILÁN	02 OCT 2006	ESP	DNF
	Birhan MULU	28 JAN 2006	ETH	DQ

SWEDEN: World Masters Athletics Championships, 13-25 August - Goteborg

The Walks program at Goteborg concluded on the track at the Bjorlanda Athletics Centre. The dominant walker had to be South Africa's **Anne Centner** who collected her second W80 World record for the meet to go with her road 10km mark of the previous week. **Melissa Lewis**, **Lynne Schickert** and **Heather Carr** were successful in adding silver to the Australian haul, while **Colin Heywood** was less than a minute away from a podium finish.

Women W35 5000m Race Walk

1	Modra Liepina	LAT	26:09.92
2	Melissa Lewis	AUS	27:14.50
3	Aleksandra Majewska-Ani	GBR	29:23.51
4	Kim Lachance	CAN	33:32.37
5	Sanna Neuvonen	FIN	36:51.85
6	Julietta Campos Pereyra	ARG	43:20.83
..	Divia Aroumougam Singaram	IND	DQ

Men M65 5000m Race Walk

1	Miroslav Lapka	CZE	25:36.78
2	Leszek Behounek	POL	26:44.56
3	Edoardo Alfieri	ITA	26:47.16
4	Herbert Klaus	GER	28:19.11
5	Alouyzas Urbikas	LTU	29:22.88

Men M70 5000m Race Walk

1	Patrice Brochot	FRA	29:04.76
2	Jose Luis Lopez Camarena	MEX	29:54.02
3	Reinhard Langhammer	GER	31:32.92
4	Denis Laflamme	CAN	31:36.65
5	Jiri Janousek	CZE	32:08.18
6	Manuel DJ Hernandez Perez	MEX	32:20.64
7	Helmut Giebeler	GER	32:23.03
8	Colin Heywood	AUS	32:23.04
9	Stefan Lehman	GER	33:48.47
10	Onium Sin	HKG	34:04.61
11	John Russell	AUS	34:07.53

Women W75 5000m Race Walk

1	Elsa Meyer	RSA	32:58.67
---	------------	-----	----------

6 Miroslaw Luniewski	POL	29:57.91	2 Heather Carr	AUS	33:25.69
7 Johann Coetzee	RSA	30:39.37	3 Antonina Tyshko	UKR	34:07.39
8 Arild Fotland	NOR	30:39.95	4 Jacqueline Wilson	NZL	35:14.70
9 Oleksii Menshykov	UKR	31:05.48	5 Sharon Wright	CAN	38:03.49
10 Georg Hauser	GER	31:12.04	6 Renate Kohler	GER	38:14.62
16 Paul Moritz	AUS	34:15.86	7 Heidrun Neidel	GER	39:31.78
			8 Simonne Poulin	CAN	43:14.59

Women W80 5000m Race Walk

1 Anne Centner	RSA	34:34.50 WR
2 Lynne Schickert	AUS	42:22:44
3 Helga Draeger	GER	46:25.47

SWITZERLAND: Grand Prix International de Monthey, 31 August - Monthey

It's good to receive another of **Emmanuel Tardi's** race reports from across the European walking scene. This one found him judging at the *Memorial Raymond Giroud* meet in Switzerland, closing off a busy August that saw him – amongst other things – racing in the WMA championships in Goteborg and, of course, overseeing the Olympics penalty zone:

I was in Monthey in Switzerland for two races this weekend. Saturday afternoon was a track event. I was judge with Martin Skarba, Alexandru Stefan, Michel Schneider and Frederic Bianchi (chief). At 5:30pm was a 5000m (and 3000m) and at 6:15pm a 10000m.

The 5000m races were won by **Alberto Allieri** and **Cléa Fenouillère**, and the 3000m by **Caterina Carissimi**.

In the 10000m, **Norbert Toth** started very fast (12min at the 3k point), but he had to slow down because of the hot weather. He was caught after 5.3km by **Hlavac** who won the race with a small advantage to Germans **Dohman** and **Seiler**. In women's event, Germany's **Gabriel** won easily.

10000m marche

1	Vít Hlaváč	1997	Hommes	A.C. TEPO Kladno	Tchéquie	43:30
2	Carl Dohmann	1990	Hommes	SCL Baden-Baden	Allemagne	43:35
3	Nathaniel Seiler	1996	Hommes	TV Buehlertal	Allemagne	43:36
4	Norbert Toth	2001	Hommes	GYAC	Hongrie	46:18
5	Albert Kukla	2005	Hommes	VSK Univerzita Brno	Tchéquie	46:51
6	Vojtěch Novak	2006	Hommes	Slezan Frýdek-Místek	Tchéquie	48:34
7	Martin Nedvídek	1975	Hommes	AC Rumburk, z.s.	Tchéquie	48:38
8	Anna-Maria Gabriel	2005	Femmes	Eintracht Frankfurt	Allemagne	49:43
9	Alžběta Franklová	2005	Femmes	SK Jeseniova	Tchéquie	55:03
10	Arthur Bonnomet	2000	Hommes	Entente Savoie athlé	France	55:13
11	Klara Hlavacova	2003	Femmes	A.C. TEPO Kladno	Tchéquie	57:44

5000m marche

1	Alberto Allieri	2009	Hommes	U.S. Scanzorosciate	Italie	25:16
2	Clea Fenouillere	2007	Femmes	Macs/ba coutances	France	25:17
3	Linda Betto	1977	Femmes	TuS Kelsterbach	Italie	29:10
4	Marie Polli	1980	Femmes	SAL Lugano	Suisse	30:16
5	Claudio Penolazzi	1955	Hommes	Athletica Lonato	Italie	31:33
6	Dora Briere	1959	Femmes	CM Cour Lausanne	Suisse	33:38
7	Jérôme Genet	1975	Hommes	CM Monthey	Suisse	33:42
8	Anna Mussita	1961	Femmes	U.S. Scanzorosciate	Italie	33:56
9	Claudine Anxionnat	1951	Femmes	S/L Pays de Bruyères	France	36:24
10	Sylvestre Marclay	1952	Hommes	CM Monthey	Suisse	36:27
11	Gavon Balharry	1945	Hommes	CM Cour Lausanne	Suisse	37:22
12	Hélène Baptiste	1950	Femmes	CM Monthey	Suisse	41:06
13	Waldo Ponzio	1944	Hommes	GAB Bellinzona	Suisse	41:54
14	Joseph Bianco	1941	Hommes	CM Monthey	Suisse	44:06

3000m marche

1	Caterina Carissimi	2010	Femmes	U.S. Scanzorosciate	Italie	14:20
2	Marta Balini	2009	Femmes	U.S. Scanzorosciate	Italie	17:05
3	Laura Testa	2010	Femmes	U.S. Scanzorosciate	Italie	17:24
1	Piergiorgio Andreotti	1940	Hommes	Kronos Roma	Italie	27:37

1000m marche

1	Émeline Fenouillere	2015	Ecolière	Macs/ba Coutances	France	07:45
----------	---------------------	------	----------	-------------------	--------	-------



Allieri (33), Carissimi (17) and Fenouillere (28)



Gabriel



Hlaváč

**** Marche en côte et championnats suisses de marche athlétique**

(Hill walk and Swiss race walk championships), Sunday 1 September – Epinassey to Mex

Sunday at 9am was the hill climb race. The start was at Epinassey (alt 419) and the finish at Mex (alt 1136m). There was a distance of 8km to walk. Victories were for Germany's **Carl Dohman** and for the young Italian **Caterina Carissimi**. There were 32 starters.



Prêt à marcher! (or should that be 'grimper'??) (Photos: Emmanuel Tardi)*

1	Carl	Dohmann	1990	Hommes	SCL Baden-Baden	Allemagne	50:16
2	Norbert	Toth	2001	Hommes	GYAC	Hongrie	50:33
3	Vít	Hlaváč	1997	Hommes	A.C. TEPO Kladno	Tchéquie	51:24
4	Nathaniel	Seiler	1996	Hommes	TV Buehlertal	Allemagne	52:10
5	Albert	Kukla	2005	U20-Hommes	VSK Univerzita Brno	Tchéquie	52:25
6	Martin	Nedvídek	1975	Hommes	AC Rumburk, z.s.	Tchéquie	56:20
7	Raymond	Buffet	1962	Vétérans-Hommes	CA Sion	Suisse	59:42
8	Vojtěch	Novak	2006	U20-Hommes	Slezan Frýdek-Místek	Tchéquie	1:00:20
9	Alexandre	Montani	1966	Vétérans-Hommes	AS Monaco	Monaco	1:00:30
10	Josef	Smola	1964	Vétérans-Hommes	SMOLA CHŮZE	Tchéquie	1:02:58
11	Caterina	Carissimi	2010	U16-Femmes	U.S. Scanzorosciate	Italie	1:04:19
12	Alžběta	Franklová	2005	U20-Femmes	SK Jeseniova	Tchéquie	1:05:53
13	Martin	Skarba	1984	Vétérans-Hommes	Dukla Banska Bystrica	Slovaquie	1:05:58
14	Patrick	Gavillet	1968	Vétérans-Hommes	CM Cour Lausanne	Suisse	1:05:59
15	Alberto	Allieri	2009	U16-Hommes	U.S. Scanzorosciate	Italie	1:07:13
16	Linda	Betto	1977	Vétérans-Femmes	TuS Kelsterbach	Italie	1:07:13
17	Dora	Briere	1959	Vétérans-Femmes	CM Cour Lausanne	Suisse	1:08:44
18	Klara	Hlavacova	2003	Femmes	A.C. TEPO Kladno	Tchéquie	1:10:48
19	Laura	Testa	2010	U16-Femmes	U.S. Scanzorosciate	Italie	1:12:26
20	Régis	Briere	1968	Vétérans-Hommes	Doubs Sud Athlé	France	1:12:48
21	Marta	Balini	2009	U16-Femmes	U.S. Scanzorosciate	Italie	1:13:19
22	Olivier	Bianchi	1973	Vétérans-Hommes	CM Monthey	Suisse	1:13:19
23	Anna	Mussita	1961	Vétérans-Femmes	U.S. Scanzorosciate	Italie	1:15:28
24	Claudio	Penolazzi	1955	Vétérans-Hommes	Athletica Lonato	Italie	1:15:36
25	Bernard	Cossy	1959	Vétérans-Hommes	Individuel	Suisse	1:18:03

26	Daniel	Pasche	1953	Vétérans-Hommes	CM Monthey	Suisse	1:19:42
27	Gavon	Balharry	1945	Vétérans-Hommes	CM Cour Lausanne	Suisse	1:24:12
28	Emmanuel	Tardi	1967	Vétérans-Hommes	LP Longjumeau	France	1:25:15
29	Hélène	Baptiste	1950	Vétérans-Femmes	CM Monthey	Suisse	1:32:35
HC	Piergiorgio	Andreotti	1940	Vétérans-Hommes	Kronos Roma	Italie	27:07
	Daniel	Brot	1953	Vétérans-Hommes	SM Running	Suisse	DNF
	Roby	Ponzio	1947	Vétérans-Hommes	GAB Bellinzona	Suisse	DNF

*(*Grimper* – to climb)

UNITED KINGDOM: Southend City Mile, 26 August (Bank holiday) – Southend-on-Sea

David Ainsworth reports on a popular annual walk meeting, held over the historic 1 mile distance on the Essex coast.

After too much dismal news in recent times, race walking got a much-needed boost at Garon Park Track on August Bank Holiday Monday when a "curtain raiser" of a popular all-day Open Meeting was our annual 1 Mile Walk. It's been around for a long time, with a record turnout set on 29 August 2016 when 23 made the result sheet - headed by double Olympian **Dominic King** who'd just returned from Rio de Janeiro. That day he set a track record at **6:11.06** ("Wow") over 3 minutes ahead of 2nd placed Simon LeMare (Southend-on-Sea AC as then called) in 9:23.06 with Ilford's recently departed George Nibre RIP completing the frame in 9:31.30.

We also had a wonderful turnout for this year's August Bank Holiday Monday's Mile at Garon Park Track as 19 raced the mile, with last year's winner **Phil Barnard** (Ilford) bettering his 2023 time when leading from gun-to-tape in **7:36.4**. The other walker to finish under 9 minutes was Brentwood's **Emma Dyos**, a former Garon Park track record holder, who went close to reclaiming it with **8:44.9**. A Brentwood member was also 3rd, as **Stuart Bennett** clocked **9:10.8** and retained the "George Woods Trophy" as the first Essex resident Centurion. This trophy was donated by the talented O'Rawe family in memory of former most popular Southend Centurion George Woods.

Another Brentwood Beagle deserving special mention is **John Taylor** (formerly Loughton AC) who made a comeback since leaving race walking in 2013. He was welcomed back to enjoy the occasion as he finished 9th in **10:24.08**. There was joy at seeing new names on our start list and we hope they'll all continue to compete in our athletics discipline.

Enthusiastic meeting organiser **Keith Palmer**, even with many other duties, managed to fit in a competitive appearance to fill 10th spot in **10:28.1**. It was a family occasion as wife **Emma** was 16th in **12:35.9** and also proudly went home with a medal around her neck. Keith then supervised our presentation ceremony, when local businessman and Southend City AC supporter Clive Shiret handed out medals to many grateful recipients - as all age groups and both genders were recognised - on a podium in front of the grandstand.

1 Phil Barnard	Ilford AC	7:36.4	11 John Borgars	Herts Phoenix AC	10:33.7
2 Emma Dyos	Brentwood Beagles	8:44.9	12 Tilly Heaton	Castle Joint Joggers	10:40.5
3 Stuart Bennett	Brentwood Beagles	9:10.8	13 Kirsten McTeer	Central Park Aths	10:49.4
4 Colin Harle	Belgrave Harriers	9:21.9	14 Alan O'Rawe	Ilford AC	10:58.3
5 Linda Mountford	-	9:57.8	15 Katie Hawkins	Brentwood Beagles	11:31.7
6 Steve Allen	Ilford AC	10:06.2	16 Emma Palmer	-	12:35.9
7 Richard Maskell	Southend AC	10:13.5	17 David Ainsworth	Ilford AC	13:48.2
8 Rowan McTeer	Central Park Aths	10:22.3	18 Selina Fox	-	13:57.6
9 John Taylor	Brentwood Beagles	10:24.8	19 Val Mountford	-	14:16.8
10 Keith Palmer	Southend AC	10:28.1			

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, September 2, 2024 - Race Walking Judges at the U20 World Championships in Lima, Peru
<https://omarchador.blogspot.com/2024/09/os-juizes-de-marcha-nos-mundiais-sub-20.html> A brief summary of the judges' work at the U20 walks in Lima.
- Sunday, September 1, 2024 - 2013, organizational failures and sporting successes
<https://omarchador.blogspot.com/2024/09/2013-fiscos-organizativos-e-sucessos.html> From this, it appears that the Portuguese walkers had more than just their international opposition to cope with. A not-unfamiliar story.
- Saturday, August 31, 2024 - Zhuoma Baima wins women's 10,000m at the U-20 World Championships
<https://omarchador.blogspot.com/2024/08/zhuoma-baima-vence-10-mil-metros.html>
- Friday, August 30, 2024 - Tunisia wins first gold in U-20 World Championships by Rayen Cherni
<https://omarchador.blogspot.com/2024/08/tunisia-conquista-primeiro-ouro-em.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

**** H&T Online - NOTICE BOARD ****

Racewalking Coaches Wanted

Club coach **Mark Donahoo** is currently working with Athletics Victoria and Athletics Australia to develop a **Level 1 Racewalking course** for coaches and non-coaches.

The course would be held in Melbourne and would probably be a half-day course which would include both theory and practical elements.

The course would cover the areas of:

- Racewalking Rule
- Racewalking technique
- Exercises for racewalkers
- Setting basic programs for walkers of all ages, including peaking and rest phases.
- Training techniques
- Other topics may be included

As a beginning for to this process, Mark is asking for anyone who is interested in attending a racewalk coaching course to contact him via email. The email does not lock anyone into doing the course but is to be used as a way of finding out if there is much interest in the course. There is no date or time set for a course yet.

Spread the word amongst those who are racewalking. The more interest shown, the better the opportunity will be to conduct this course.

Contact **Mark Donahoo**, VRWC racewalking coach on: Neerims8@gmail.com



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

Sat 7 Sep 2024	AV 5000m teams c'ship, VMA 5000m Track c'ship - Mentone
Sun 15 Sep 2024	VRWC Relay race & Winter presentations – Middle Park
Sat 5 Oct 2024	AVSL Round 1 – Venues TBA
Sat-Sun 26-27 Oct 2024	AV All Schools T&F c'ships (Week 1) – Lakeside Stadium
Sat-Sun 2-3 Nov 2024	AV All Schools T&F c'ships (Week 2) – Lakeside Stadium

International Dates

21-23 Mar 2025	WA World Indoor T&F Championships – Nanjing, CHN
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-

for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au